



## Chocolate Wafer Malts

READY IN



45 min.

SERVINGS



8

CALORIES



330 kcal

### Ingredients

- 20 chocolate wafers such as nabisco famous divided crumbled
- 2 cups chocolate milk 1% low-fat divided
- 2 quarts vanilla nonfat yogurt frozen divided softened

### Equipment

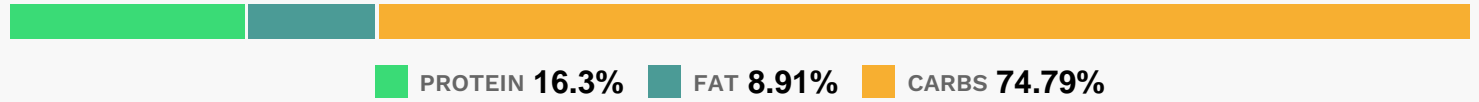
- blender

### Directions

- Combine half each of softened yogurt and chocolate milk in container of an electric blender; cover and process until smooth, stopping once to scrape down sides. Stir in half of crumbled cookies.

- Pour mixture into glasses.
- Repeat procedure with remaining half of frozen yogurt, chocolate milk, and cookies.
- Serve immediately.

## Nutrition Facts



### Properties

Glycemic Index:6.19, Glycemic Load:5.15, Inflammation Score:-3, Nutrition Score:11.964348000029%

### Nutrients (% of daily need)

Calories: 329.71kcal (16.49%), Fat: 3.3g (5.07%), Saturated Fat: 1.3g (8.14%), Carbohydrates: 62.23g (20.74%), Net Carbohydrates: 61.66g (22.42%), Sugar: 56.77g (63.08%), Cholesterol: 8.16mg (2.72%), Sodium: 264.85mg (11.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.56g (27.12%), Calcium: 444.89mg (44.49%), Vitamin B2: 0.62mg (36.48%), Phosphorus: 361.34mg (36.13%), Selenium: 16.24µg (23.2%), Vitamin B12: 1.27µg (21.15%), Potassium: 597.98mg (17.09%), Zinc: 2.18mg (14.55%), Magnesium: 51.56mg (12.89%), Manganese: 0.24mg (11.77%), Vitamin B1: 0.14mg (9.63%), Folate: 30.22µg (7.55%), Vitamin B6: 0.13mg (6.58%), Copper: 0.11mg (5.65%), Iron: 0.91mg (5.06%), Vitamin D: 0.69µg (4.58%), Vitamin B3: 0.74mg (3.72%), Vitamin A: 152.69IU (3.05%), Vitamin K: 3.03µg (2.88%), Vitamin B5: 0.25mg (2.46%), Vitamin C: 1.91mg (2.31%), Fiber: 0.57g (2.29%), Vitamin E: 0.25mg (1.67%)